

ABSTRACT

Title: Case study of physiotherapy treatment of a patient after removal of osteosynthetic material for comminuted fracture of the proximal humerus

Objectives: The objective of this bachelor's work is to describe issues of comminuted fracture of the proximal humerus which is treated with osteosynthesis with subsequent removal due to failure. The main objective is to focus on efficiency of physiotherapy methods which are used. The part of work is also case study of a patient with referred diagnosis.

Method: The first general part of work deals with referred issues. It describes anatomy, kinesiology and biomechanics of shoulder girdle then characterize diagnosis of a fracture of the proximal part of humerus, possible complications, methods of treatment and the most often used methods in rehabilitation care of a patient with this diagnosis. The second special part is processed as case study of a patient after removal of osteosynthetic material for comminuted fracture of the proximal humerus and it includes input physiotherapy examination, short-term and long-term physiotherapy plan, suggestion of therapy, description of all the physiotherapy units, output physiotherapy examination and conclusion which contains an evaluation of effect of chosen therapy. The special part is written on the basis of information which are earned during the work with the patient in continuous professional experience which took place from 23rd January to 17th February 2012 in Oblastní nemocnice Kladno (Regional hospital Kladno).

Results: Clinical condition of the operated upper limb a patient has changed after completed physiotherapy units. Painfulness was decreased, swelling was reduced, mobility in the shoulder joint was increased to all directions.

Keywords:

physiotherapy, case study, osteosynthesis, shoulder girdle, fracture of the proximal humerus